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# Halifax metro



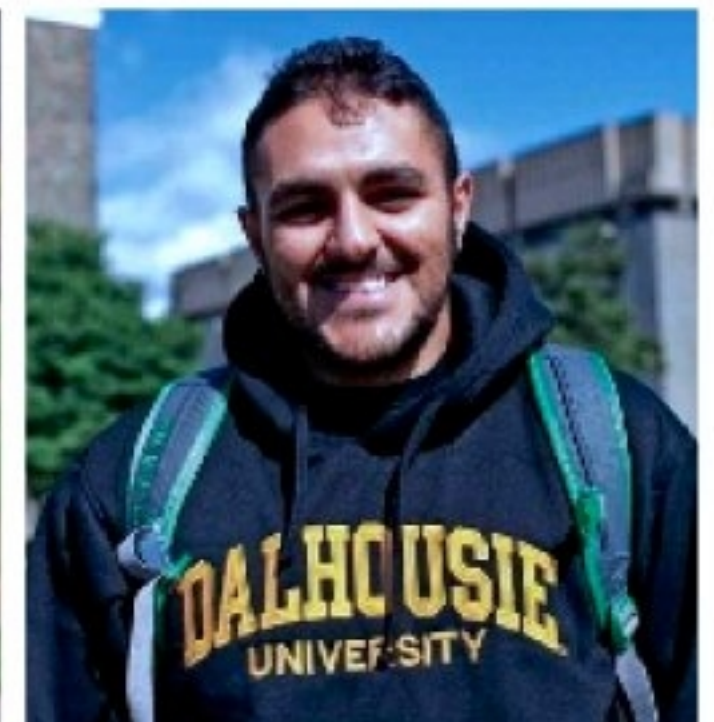
This 13-year-old  
Halifax student  
wants a word with  
Trudeau  
**metroNEWS**

Your essential daily news | WEDNESDAY, SEPTEMBER 28, 2016

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## HALIFAX VOTES 2016



# READY TO VOTE, AND IT'S TIME TO LISTEN



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# The magic of making coffee

ARTISANAL JAVA

## Cortado Tasting Room opens in Bedford



**Haley Ryan**  
Metro | Halifax

Balancing siphons, 24-hour drip systems, and scales may be found in science labs, but are also bringing the “magic show” of coffee to life in Halifax.

The Cortado Tasting Room on Gary Martin Drive opened in Bedford two weeks ago across from the BMO Centre, and on a rainy afternoon the smell of roasted Java Blend coffee beans mixed with baked goods floated around the large espresso machine and gleaming glassware.

“Nobody should really be shy. If you don’t know, just come on in and ask because we were all in that same spot,” co-owner Joe Dunford said Tuesday about the different styles of making coffee.

“You can just benefit from the hours and hours, and tremors, that we have developed from experimentation,” he added with a laugh.

It’s been nine months since Dunford said the idea of leaving the nearby Starbucks he managed to open the tasting room first occurred to him and fellow owner Alex Lee.

They’ve had lots of help along the way from the community: roasters like Java Blend, their food provider Sweet Figs, and third partner Brian MacInnis, he said.



Joe Dunford is the co-owner of Cortado Tasting Room in Bedford. JEFF HARPER/METRO

With donations accepted for local charities (at the moment the Nova Scotia Youth Orchestra) in lieu of tips, Dunford said it’s important to pay their baristas a \$15 an hour wage so they attract the best talent.

Both friends fell in love with single origin coffee (meaning beans coming from one specific area) and the scientific aspect that comes with experimenting with different “extraction methods” for single-serve coffees, Dunford said.

There’s French Press, V60

pour over, nitro cold brew, Chemex, Aeropress, or balancing siphons which involve a flame heating up one chamber until the water seeps into the attached beaker and brews the grounds.

“It turns into a magic show,” Dunford said.

The cold brew tower alone takes 24 hours to use, Dunford said, since a drop of coffee falls every one and a half seconds, yielding about 2 litres when it’s all finished.

A small Ibrik is also used to

make authentic and strong Turkish coffee, Dunford said.

Although Dunford said he knows many terms might sound intimidating and confusing to most people, they’re not necessary to understand when you walk in the door.

Instead, he said it’s up to the baristas to keep things accessible and create something you love based on whether you like light, bitter, sweet, creamy, or intense flavours.

The cortado itself, an drink made with two ounces each of

espresso and steamed milk, is usually an off-menu choice for Canadian coffee shops that’s hard to find, Dunford said.

Dunford said they enjoy pushing the boundaries of coffee, but are always learning and very open to suggestions from fellow “coffee geeks.”

“Chemistry teachers ... are the ones with the most insight. Science teachers that come here and they want to see the lab, they go crazy over extraction principles. It’s great,” Dunford said.

## Five tips from Joe Dunford

**1 What should you eat with coffee?** — Pair a blueberry bar with Ethiopia Sidamo Guji to taste how “magic happens in your mouth” with complementary flavours; dried mangos with coffee with citrus notes; or a blend with chocolate notes with a brownie.

**2 What’s an easy home coffee system?** — Aeropress. “The thing is incredible, if you’re a camper, a hiker, or a clumsy man ... it’s plastic, it’s so easy to use, it’s a two-minute thing.” You can check out the Aeropress world championships for ideas.

**3 What’s the best French press method?** — “There are many different ways to do it. Online if you’ve got 1,000 people you’ve got 1,000 different opinions ... it’s whatever tastes good to you.” Play around with ratios and stirring methods until you find one you like.

**4 Are there coffee sins?** — “Most people say don’t put cream and sugar in your coffee but some coffees go fantastic with [them] ... For me the only sin is if you get a bad cup of coffee, not saying anything about it.”

**5 What is your perfect cup of coffee?** — “Always the next cup. That’s it.”

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**SEPT 29**

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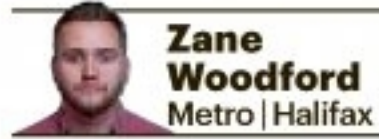
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## DISTRICT 10

## Talking growth and affordability



**Zane Woodford**  
Metro | Halifax

District 10 resident Kevin Healey never really thought much about affordable housing until it affected him.

A few years ago, he moved his mother-in-law to Halifax Regional Municipality from the Annapolis Valley, and had a hard time finding something in her price range. Now, he sees quality, affordable housing as a major election issue in his area.

"It's not only the affordable housing. It's that the apartments that are affordable for say, seniors, they're almost like slums, they're not kept up," Healey said in a recent interview.

"I just would not want to put my mother-in-law in a place like that."

He moved to the district of Halifax—Bedford Basin West three years ago from Cole Harbour.

"Cole Harbour was just stagnant. Nothing was growing. It's why we decided to come here: it's growing, it's a multicultural community," he said.

Healey wants to see the area continue to grow, but worries that some of the new development in the area, especially in Fairview, is pushing out lower-income residents.

"I don't mind the area being



**Kevin Healey.** JEFF HARPER/METRO

updated, but you have to allow for affordable housing," he said.

Healey would like to see a new voice at the table, but said he's not a fan of a proposal for term limits for HRM councillors.

"I think someone should know when it's time to go. Unfortunately, I don't think Russell (Walker) knows that it's time to go," he said.

"I think this area needs newer ideas, maybe some younger blood, but it's always hard to run against an incumbent."

Walker was first elected in the area in a byelection in 1994, and has held the seat at council ever since. He won in 2012 with 54.5 per cent of the vote.

The incumbent has two challengers in this race, neither of whom ran last time around: Andrew Curran, who works in Halifax Public Libraries' IT department, and Mohammad Ehsan, a Dalhousie University political science professor.

## Meet the District 10 candidates

### Andrew Curran

You can reach him at:

Twitter:

@vote4curran

Facebook:

AndrewCurranDistrict10

Web: andrewcurran.ca



### Mohammad Ehsan

You can reach him at:

Facebook:

mohammadeh-sanhfx



### Russell Walker

You can reach him at:

Facebook:

russellwalker-fordistrict10



# They're on the same Page



**Ellen Page and Lil MacPherson** have been good friends for 10 years. JORDAN STRAUSS/INVISION/AP; JEFF HARPER/METRO

## MAYORAL RACE

## Halifax-bred movie star stumps for MacPherson



**Yvette d'Entremont**  
Metro | Halifax

She lives in Los Angeles, but Halifax-born actress Ellen Page is throwing her support behind local mayoral candidate Lil MacPherson.

"@LilForMayor is 1 of the most extraordinary people I've ever known. She is strong, honest & dedicates her life 2 making the world better," the actress tweeted to her 1.4 million followers on Tuesday.



@LilForMayor is 1 of the most extraordinary people I've ever known. She is strong, honest & dedicates her life 2 making the world better. @EllenPage

Page also provides an endorsement on MacPherson's web page.

"I am grateful to say that I've known Lil for about 10 years. One of the most hard working, passionate, sincere, generous and kindhearted people I've ever known," Page's statement says in part.

So how do you secure a Hollywood actress to endorse you in the Halifax mayoral race?

It started 10 years ago at MacPherson's restaurant when she and Page began talking about

permaculture farming. Their friendship blossomed over environmental and social justice issues.

"We just became really good friends. Kindred spirits. I'm like her big sister," MacPherson said in an interview on Tuesday.

She and Page have travelled together, organized and put on a bio-solids conference, have each other on speed dial, visit one another whenever possible, and even play off one another in one of Page's Cisco commercials.

"She's just on my page and she knows who I am, and we've been discussing environmental issues for 10 years together," MacPherson said.

"Sometimes we get into these serious conversations and then she leaves and I go 'Oh my gosh, I forgot she's Ellen Page' and I say 'Oh, by the way, are you in a movie? I'm sorry I forgot to ask you what movie you're doing.'"

When the election has wrapped up, MacPherson said she plans to visit Page in L.A. to unwind.

"She's a great friend and I love her dearly, and it doesn't matter if she endorses me or not, although I'm happy she did," MacPherson said.

"She's our little Canadian gem that we have from Nova Scotia."

## MAPPED | HALIFAX ELECTION DISTRICTS DISTRICT 10: BEDFORD BASIN WEST



**Population:** 24,758

**Boundaries:** District 10 includes the communities of Fairview, Rockingham, Kearney Lake to Birch Cove and Princes Lodge, and Clayton Park east of Dunbrack Street.



## HOW TO VOTE

### Key Dates:

e-voting (online and by telephone) starts Oct. 4, runs every day till Oct. 13. Advanced polling in person on Oct. 8, 11.

### Election Day is Oct. 15

**Qualifications:** must be at least 18 years old, Canadian citizen, Nova Scotia resident for six months, and an HRM resident before the first advanced polling day.

**Check if you're registered:** votersearch.halifax.ca/hrm/onvoterslist.html

**Which district you live in:** apps.halifax.ca/districtlookup

**Where to vote:** votersearch.halifax.ca/hrm/wheretovote.html

**Any questions:** call 902-490-VOTE (8683) or 1-844-301-VOTE (8683) or email election@halifax.ca



If they could help with anything school-related that'd be great.  
Kally Phinny



I haven't really been following anything.  
Savannah Lees



**It's hard to get students engaged in elections, especially in the municipal elections.**

Amina Abawajy



Amina Abawajy, vice-president, academic and external for Dalhousie's Student Union, said that while they had success engaging students ahead of the federal election, doing so for the municipal election was more challenging. JEFF HARPER PHOTOS/METRO

I wish we had more walking areas, Halifax doesn't seem as pedestrian friendly as I'd like.  
Josef Vavra



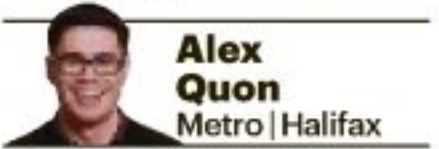
I've never heard of it.  
Omar Yussef



# 'I don't even know who is running'

## STUDENT VOTE

### Several groups working to up engagement



Alex Quon  
Metro | Halifax

Two campaigns are encouraging students to vote in the upcoming municipal election — but they don't seem to be working.

Both the Halifax Regional Municipality and the Nova Scotian branch of the Canadian Federation of Students (CFS-NS) have launched initiatives targeting students ahead of the Oct. 15 election.

Metro Halifax talked to students at Dalhousie and Saint Mary's universities, but many didn't seem to know what district they lived in or even that

there was an upcoming election. Dalhousie student Omar Yussef says he isn't planning to vote because he doesn't have any information.

"I think advertising it more, making it more out there for students to see would help," he said on the school's campus this week. "I've never heard of it. I don't even know who is running for elections or anything."

Yussef added that if he knew about who was running he'd be much more interested in the municipality's politics.

According to the CFS-NS, students are an untapped voting bloc capable of changing the municipal election — but only if they get out and vote.

This fall they've teamed up with universities and colleges throughout the city to promote their Generation Vote campaign, an initiative encouraging students to head to the polls.

**We're talking about issues that are relevant to students' everyday lives**

Charlotte Kiddell

"We're talking about issues that happen at the municipal level that are relevant to students' everyday lives," said Charlotte Kiddell, chairperson for CFS-NS. "We've identified five key issues: affordable housing, fair wages, food security, arts and culture and public transportation."

While Dalhousie had success mobilizing voters in the recent federal election, Amina Abawajy, the vice-president, academic and external for Dalhousie's Student Union, says trying to replicate

that success hasn't been easy.

"It's hard to get students engaged in elections, especially in the municipal elections," she explained. "Students haven't made the connection yet about what are municipal issues and how they affect students."

The municipality is also actively trying to encourage students to vote. They've had staff visit universities to encourage voter participation among students, while e-voting is also targeted to appeal to young voters.

"Youth/student engagement is a very important focus in all elections at any level of government," said Adam Richardson, a spokesperson for HRM, in an emailed response.

If students would like to find out more about prospective councillors, Kiddell says the CFS-NS will be hosting candidates' fairs and debates at various schools throughout Halifax.

## Metro Explains (or tries to)

### ARE YOU ELIGIBLE TO VOTE?

Many of the university students Metro spoke with for this story expressed confusion about whether or not they were actually able to vote, since many leave in April and return in September.

According to the Halifax voters website, **voters must be 18 years of age and a Canadian citizen, but they must also have been a resident in Nova Scotia since April 8, 2016 and be a resident of Halifax immediately before Oct. 8, 2016.**

To help students, Metro

asked the city a hypothetical scenario: a student lives in HRM in April, but then leaves Halifax and returns in September. Can they vote? Adam Richardson, a municipal spokesperson, responded by email that **every individual is evaluated on a case-to-case basis**, and it would be hard to judge a hypothetical without more information. "My recommendation would be for any students unsure of their voter eligibility to contact our **Voter Helpline at 490-8683**," he said.

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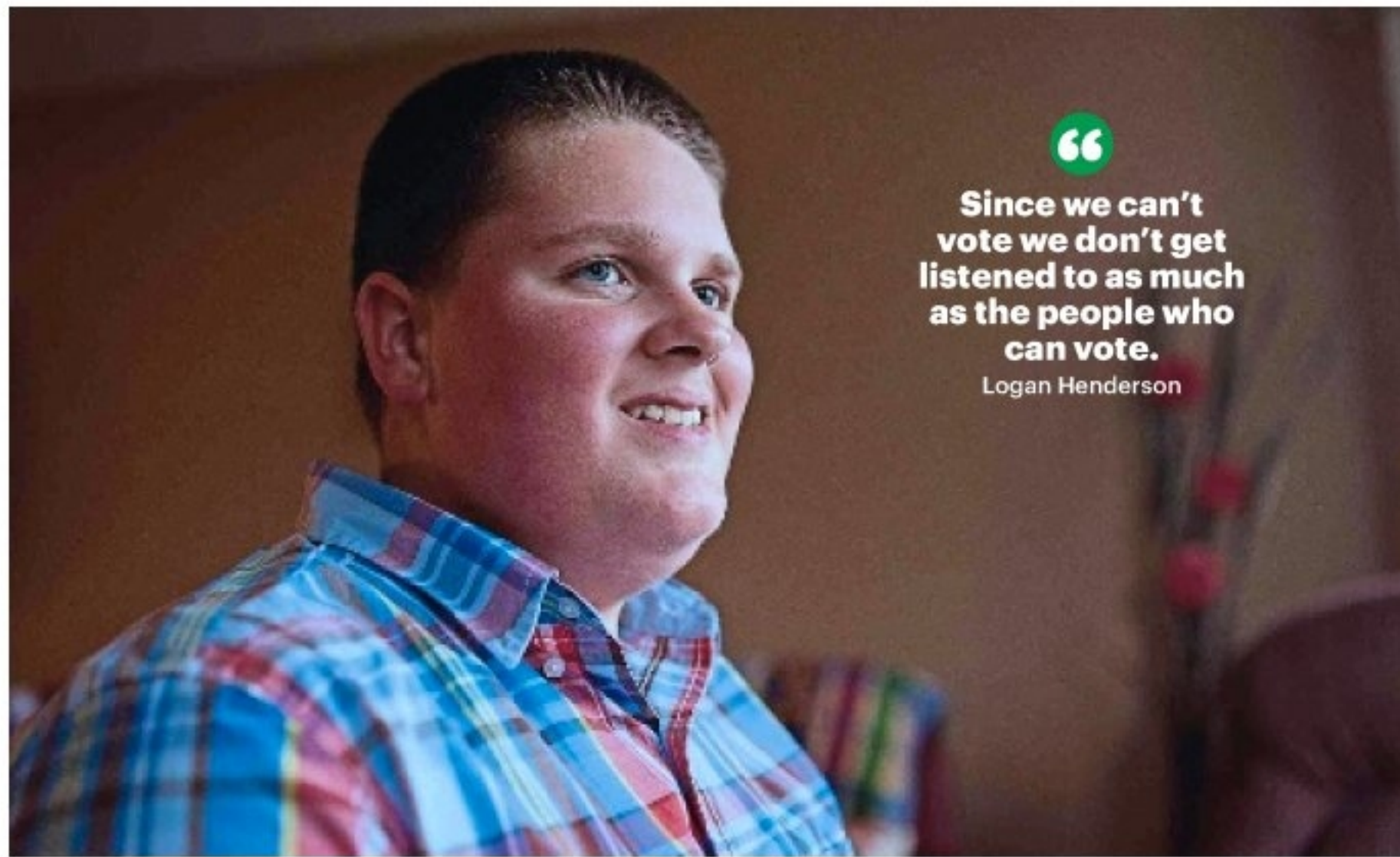
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“  
Since we can't  
vote we don't get  
listened to as much  
as the people who  
can vote.  
Logan Henderson



Logan Henderson, 13, left, has created an online petition in hopes of persuading Prime Minister Justin Trudeau, above, to consider allowing people as young as 13 to apply for a spot on the Prime Minister's Youth Council.

LEFT: JEFF HARPER/METRO, RIGHT: THE CANADIAN PRESS

# Teenager wants Trudeau's ear

## POLITICS

### Says under 16s should have spot on PM's Youth Council



Yvette  
d'Entremont  
Metro | Halifax

A politically engaged Grade 8 student from the Halifax area is hoping Justin Trudeau will

consider allowing people as young as 13 to apply for a spot on the Prime Minister's Youth Council.

Logan Henderson, 13, has a keen interest in all three levels of government. He said his interest was first piqued more than a year ago.

"I just watched the news, and I liked the political stuff," he said in an interview.

"It wasn't just an interest at one point, it became a passion. I had to go and advocate for things."

Henderson actively followed

Trudeau's federal election campaign last year. He became engaged in provincial politics over concerns about the axing of the film tax credit, and he's now volunteering as the youth campaign manager for one of the municipal candidates running in his district.

When Trudeau was campaigning last year, Henderson

was excited to hear him promise to create a youth council to advise the prime minister on important national issues.

But he was disappointed to learn the council would only consist of youths between the ages of 16 and 24.

"When you're 18 you can run for office, so I don't think it's really fair to those of us

who don't have our voices heard right now," he said.

"The people that already have their voices heard are getting their voices heard even more."

The student from the Prospect area decided to create an online petition in the hopes of getting his message to the prime minister.

"I believe that the misunderstanding related to younger youth that they aren't as engaged with the political forum is false as I have been very active, involved and informed

with the democratic process," Henderson wrote in the body of the petition.

"It is time that we allow all youth to have equal opportunity to at least apply and be considered for the prime minister's youth council."

Applications are being accepted until Oct. 7 for the second wave of youth council members to meet with the prime minister in 2017.

"Since we can't vote we don't get listened to as much as the people who can vote," Henderson said.

“The politicians can say, ‘We don't have to listen to him because he doesn't even vote.’ I hope to get my voice heard. Logan Henderson

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**WINDSOR ONE DEAD IN HIGHWAY 101 COLLISION** A Lower Sackville man is dead after a two-vehicle crash on Highway 101 near Windsor. Nova Scotia RCMP said on Tuesday that the driver, a 41-year-old man, died in the Monday accident. His name wasn't released. Police said the driver of the transport truck was uninjured. TC MEDIA

# A culture 'rooted' in homophobia: Activist

## TOXIC WORKPLACE

### Gay firefighter compensated for abuse on military base

A firefighter has won compensation after enduring abuse and equipment tampering at a Halifax naval base because he is gay.

The Workers' Compensation Appeal Tribunal says the unidentified man was subject to "multiple incidents of traumatic events" while a firefighter for the Department of National Defence.

The man, now in his 50s, was a military and civilian firefighter at the base. He filed his appeal with the tribunal in February 2012 after his initial claim was rejected.

During a hearing last month, he testified that he endured insulting and humiliating comments, was threatened with physical assault, and on one occasion discovered that part

of his protective equipment — his breathing apparatus — had been tampered with.

"The worker discovered that his breathing apparatus ... had been tampered with so as to allow outside air, gases and smoke to enter his facemask directly in the event of a fire," the ruling says.

worker remained in the workplace as long as he did, and even more remarkable that the treatment to which he was subjected was allowed to continue through to the worker's departure from the workplace," wrote MacNeil.

The tribunal allowed the appeal and directed the Nova Scotia Workers' Compensation



It is remarkable that the worker remained in the workplace as long as he did. K. Andrew MacNeil

The tribunal also said the worker testified that co-workers posted gay pornography in his dorm room.

Appeal commissioner K. Andrew MacNeil said he accepts the worker's testimony as a credible, "believable narrative" and notes that no contrary evidence was provided by any party.

MacNeil said psychological reports are in "essential agreement" that the worker suffered a psychological disorder caused by his workplace experiences.

"It is remarkable that the

Board to "assess the benefits payable in relation to the claim."

A spokeswoman with the compensation board said there would be no appeal of the tribunal's ruling, which has since been implemented by the board.

Gary Kinsman of the We Demand an Apology Network believes this case and others are symptomatic of a military that still has work to do to shed a "deeply rooted" homophobic culture that saw gays driven from the ranks up until a 1992 court ruling. THE CANADIAN PRESS

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## WASTE

## City seeking input on compost management



**Haley Ryan**  
Metro | Halifax

The municipality wants to know your thoughts on composting.

Compost Matters, an engagement and education process on shaping the future of organic and compost management systems, just began and continues until Dec. 1, 2016.

The municipality's current composting facilities are, "without significant investment," nearing the end of their useful lives, according to an HRM release.

The facilities have reached

their processing capacity, and new provincial composting guidelines have been set up. With new investment required, HRM wants to hear residents' thoughts on "which attributes are important when considering future compost systems and operations."

Residents are encouraged to take a brief online survey and give feedback on what they'd like to see in composting systems. The survey can be found here.

Educational resources like videos, photos, reports on the current processing facilities and more can be found on the Shape Your City hub at [shapeyourcity-halifax.ca/compost-matters](http://shapeyourcity-halifax.ca/compost-matters).

HRM is also holding information sessions with stakeholder groups.

Dates and times for public forums will be announced through the Shape Your City site and future public service announcements.

### + TIMELINE

The goal is to have the new strategy operational by 2019-20.

## POLICE

## Five arrested in North Preston homicide



**Zane Woodford**  
Metro | Halifax

Police in Halifax have made five arrests after a homicide in August, when a man was found dead in the trunk of a car in North Preston.

Tylor McInnis, 26, was found dead in a cemetery on Governor Street in North Preston on Aug. 23, just minutes after the black Honda Civic was reported

stolen. Police did not disclose his cause of death.

RCMP spokesperson Cpl. Jennifer Clarke confirmed to Metro on Tuesday that five people had been arrested earlier that day, but wouldn't say exactly when, or if charges were expected, and said a news release would be issued Wednesday morning.

But when asked if or when the suspects might appear in court, Clarke said, "I expect they'll be there in the morning."



A turbine for the Cape Sharp Tidal project is seen at the Pictou Shipyard in Pictou, N.S., on May 19. A plan to test a giant electric turbine in the Bay of Fundy is facing a new legal hurdle. The project is one of five aimed at testing different turbine technologies. ANDREW VAUGHAN/THE CANADIAN PRESS

# Turbine opponents seek test suspension

## BAY OF FUNDY

## Judge asked to stay June decision on turbine project

An ambitious plan to lower two massive turbines into the Bay of Fundy, where they will be tested against the awesome power of the world's highest tides, has hit more legal turbulence.

A group of Nova Scotia fishermen will seek a court order to suspend the Cape Sharp Tidal

project until a judge can review the case early next year.

The 175-member Bay of Fundy Inshore Fishermen's Association confirmed Tuesday that it will head to court Oct. 20 to seek a stay of a June decision by Nova Scotia's environment minister to approve the project's test phase.

"It's critically important," spokesman Colin Sproul said in an interview. "If that turbine goes in the water in the Bay of Fundy (this fall) ... it will never be removed. That's why it's so critical for our case for the stay application to pass."

Cape Sharp's 1,000-tonne elec-



**Our whole point is that this turbine will do irreversible harm.**

Colin Sproul

tric turbines are expected to be placed in the Minas Passage, a five-kilometre-wide channel at the east of the bay near Parrsboro, N.S.

A spokeswoman for Cape Sharp Tidal declined to comment on a case that is before the courts, but Sarah Dawson

confirmed that the project remains on hold during a so-called voluntary pause.

Cape Sharp Tidal is a joint partnership between Halifax-based energy services company Emera Inc. and OpenHydro, a subsidiary of DCNS, a French conglomerate that specializes in naval defence and energy.

Sproul stressed that the fishermen are not opposed to the generation of renewable energy from tidal projects. The group wants the project put on hold until a study can establish a scientific baseline for the state of the bay.

THE CANADIAN PRESS

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for sports.



# Tiny town hoping for a Trump bump

MANITOBA

**Unlike Donald, Lynn Lake wants foreigners to take their jobs**

**Braeden Jones**  
Metro | Winnipeg

Americans planning to flee the United States after the presidential election now have an earnest invitation to relocate north — far north to Lynn Lake, Man. After presidential hopefuls Donald Trump and Hillary Clinton traded barbs in a highly publicized debate Monday night, the little town about 1,000 kilometres north of Winnipeg dropped the mic. “We may have a place for you here,” read the tweet from the Town of Lynn Lake’s official Twitter account on Tuesday morning.



Lynn Lake, Man., is hoping Americans down in the Trumps may want to move north. CONTRIBUTED

And, according to the town’s chief administrative officer “it’s completely serious.” “Granted, there is some tongue-in-cheekedness, but it’s completely serious actually,” said Ric Stryde. “We have an absolute lack of certified, red-

seal tradespeople in town and we have a lot to offer.” He explained that in terms of quality of life and access to the great outdoors, Lynn Lake is hard to match. But the seriousness of the appeal, does come from a legitimate need

for skilled tradespeople. The town office had around a dozen “Make Lynn Lake Great Again” hats made to borrow Donald Trump’s catchy slogan and embody the idea that, with an influx of people, the town could be revitalized.

ROYAL VISIT

## First Nations urge ‘true reconciliation’

First Nations leaders have urged the Duke and Duchess of Cambridge to encourage the B.C. and federal governments to take their issues seriously, marking the second straight day of the royal tour that indigenous leaders expressed frustration.

Chief John Kruger of the Pentticton Indian Band spoke directly to Prince William and Kate during an event at the University of British Columbia’s Okanagan campus on Tuesday, urging them to advocate for reconciliation for indigenous peoples.

“True reconciliation involves the honour of the Crown, the federal government, provincial government and the indigenous people of this land.”



The Duchess of Cambridge meets with a First Nations chief in Kelowna, B.C., on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

John said the status quo hasn’t served indigenous peoples, noting the Truth and Reconciliation Commission determined there was cultural genocide against First Nations. THE CANADIAN PRESS

### IN BRIEF

#### Vaping laws on the way

The Liberal government says it will introduce legislation this fall to regulate vaping.

Health Canada says the move will balance the need to protect young

people from nicotine addiction while allowing adult smokers to legally buy vaping products and e-cigarettes to help quit smoking or as a potentially less harmful alternative to tobacco. THE CANADIAN PRESS

## Ottawa businessman named in money-laundering probe

**Emma Jackson**  
Metro | Ottawa

A prominent member of Ottawa’s business community — who also chairs the city’s Chamber of Commerce — has been named in a sweeping investigation by the United States government into money laundering. Marie Boivin, who chairs the chamber’s board of directors, is

also the CEO of Accu-Rate, a foreign currency exchange service. According to the U.S. Treasury Department, Accu-Rate is linked to PacNet Services, an international payments processor with a 20-year history of laundering money through mail-fraud schemes around the world, bilking U.S. consumers of “millions of dollars” over the years. Boivin was named one of 12 PacNet-linked individuals who, “in some cases, provided specific

guidance as to how to hide the illicit nature of PacNet’s operations or deceive the financial institutions with which PacNet interacts,” the Treasury Department said in a statement. Boivin’s U.S. property or assets are now blocked and U.S. citizens and companies are banned from doing business with her or Accu-Rate, which was also sanctioned. None of the Treasury Department’s allegations have been proven in court.



**THIS STINKS** Mike McMillan may not have risked his life, but he did risk the scent of his suit. On the way to a meeting with the mayor of Orillia, Ont., McMillan spotted a skunk with its head trapped in a Coke can. “I couldn’t leave the animal like that,” he told the Washington Post. Eventually freed, the skunk left McMillan skunk-scent free. Visit metronews.ca for the full video. STORY: REBECCA WILLIAMS/METRO; PHOTOS: YOUTUBE

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## IN BRIEF

**Ottawa approves LNG**

The federal government gave conditional approval Tuesday to the massive Pacific Northwest LNG project planned for British Columbia's northwest coast. Environment Minister Catherine McKenna, Natural Resources Minister Jim Carr and Fisheries Minister Dominic LeBlanc travelled to Richmond, B.C., to announce their government's acceptance of what is expected to be one of the largest infrastructure investments in Canadian history.

THE CANADIAN PRESS

## Airlines accused of baggage fee collusion

Air Canada and WestJet are facing a potential class action lawsuit after imposing checked baggage fees only days apart.

The proposed class action alleges that the two airlines colluded to impose the fees and have unjustly enriched themselves in the process.

"I just thought it was so wrong, what the airline companies were doing," said lead plaintiff Lorne Hodel.

The statement of claim, filed in the Court of Queen's Bench for Saskatchewan, says WestJet announced a \$25 baggage fee on Sept. 15, 2014, and Air Canada followed suit on Sept. 18.

The claim alleges it would have been "impossible" for Air Canada to be ready to implement the fees only days after WestJet, indicating collusion between the airlines.

Tony Merchant, the class action lawyer who filed the claim, said it was also suspicious that Air Canada announced the same fee structure as WestJet, with both adding a \$25 fee for a first checked bag for economy passengers in Canada.

"A coincidence we believe a court will find is highly suspicious, and not believably coincidental," said Merchant.

THE CANADIAN PRESS



Donald Trump sneers during his debate with Hillary Clinton on Monday night. Former Miss Universe winner Alicia Machado, once called "Miss Piggy" by Trump because of her weight.

## Trump's 'hateful, spiteful language'

## U.S. ELECTION

### Women say sexism was on clear display during debate

When Donald Trump challenged Hillary Clinton's stamina on the debate stage, Pennsylvania voter Patricia Bennett said she heard a "dog whistle" that smacked of unmistakable sexism.

"Why doesn't he just say that she needs more testosterone?" said Bennett, who plans to vote for Clinton in November.

Across the country, Lisa Lowe, who was lukewarm about Clinton before Monday's debate, said Trump behaved like a "negative

bully." Kris Stotler, an undecided Virginia Republican, was disappointed by Trump's jarring criticism of a former beauty queen's weight, which Clinton condemned during the faceoff.

"It's incredibly distasteful, and it doesn't stop," Stotler said of Trump. "Even if you thought that, why would you say that?"

Bennett, Lowe and Stotler were among two dozen female voters from battleground states who publicly expressed concerns about Trump's critical and often demeaning comments about women, as well as his approach toward Clinton in the debate.

Clinton's team believes it has all the ammunition it needs to rally women in the campaign's closing weeks. That's due in part to strong execution by Clinton,

who arrived at the debate armed with numerous past statements Trump has made about women. She was particularly assertive in calling him out for once labeling 1996 Miss Universe winner Alicia Machado "Miss Piggy" after she gained weight.

Trump stood by his criticism of Machado the morning after the debate, saying, "She gained a massive amount of weight," Trump said. "It was a real problem. We had a real problem."

Debby Bower, a 41-year-old Democrat who lives in the Denver suburbs, said Trump's taunting of the former beauty queen was "painful to my soul."

"It hurts my heart when I hear the hateful, spiteful language that Mr. Trump uses," Bower said.

THE ASSOCIATED PRESS

## How much would you pay to punch this face?



People who have mentioned that they'd like to punch Martin Shkreli in the face may finally have their chance. The former Turing Pharmaceuticals CEO tweeted out Monday that he's auctioning off the right to "one slap/punch in the face to benefit my friend Mike who passed away & leaves behind a young son who survived cancer." Shkreli came under fire after he jacked up the price of a life-saving AIDS drug by over 5,000 per cent, up to \$750 US a pill.

REBECCA WILLIAMS/METRO

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2016

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National Bank of Canada a body corporate  
- and -  
David Johnson

Htx No. 445558

PLAINTIFF

DEFENDANT

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A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

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**Time of Sale:** 11:00 a.m. local time.

**Place of Sale:** Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.

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Halifax, NS B3J 3E5

Solicitor for the Plaintiff

Stephen Kingston, Barrister  
McInnes Cooper



## ROSEMARY WESTWOOD ON THE ABORTION PILL

### Elon Musk is going to send you to Mars, but the federal government can't figure out how provide a decades-old and long-proven means of providing a basic health-care right within our own borders.

Health Canada has royally botched the handling of a drug key to women's health, and fundamental to their rights, yet again.

But it's only the latest, appalling proof of our sexist, laissez-faire commitment to abortion access.

After taking an incredible 27 years (nearly my lifetime) to approve the abortion pill known as Mifegymiso — and a full 16 years longer than the United States, itself no bastion of abortion rights — Canadians can finally, finally, expect to access the drug early next year.

But it will not be covered by most health plans. In fact, none, except Quebec's, will foot the \$300 bill.

To put it into context: On the day Elon Musk announced interplanetary travel "within ten years," Health Canada admits it can't even cover a simple abortion treatment that is already in use in 60 countries around the world and deemed by the World Health Organization to be an essential medicine. Musk is going to send you to Mars, but Health Canada can't figure out how provide the decades-old and long-proven abortion pill within our own borders.

This time, as always, the ministry has an excuse. And, unsurprisingly, it blames a drug company. Celopharma Inc., which will distribute Mifegymiso, has said it can't pay the \$72,000 fee for the Common Drug Review, a mandatory requirement for

acceptance to provincial health care plans in English Canada. Thus, Ottawa claims its hands are tied.

They are not.

Quebec does such a review

has suggested doctors should physically oversee the first step of administration, and has required doctors themselves to sell the pill.

Even B.C.'s Health Min-



**SIGN SAYS IT ALL** A protester brandishes a placard at a pro-choice demonstrators in front of the New Brunswick Legislature in Fredericton in 2014. THE CANADIAN PRESS FILE

for free. Not only that, — it's already home to nearly half of this country's abortion clinics. Think about that. A quarter of Canadian women already have access to half the nation's abortion clinics, and they'll be the only ones able to access the abortion pill under their provincial health care.

It seems clear that French-speaking Canada cares far, far more about reproductive rights than the rest of us.

Health Canada's excuse would be more believable if it hadn't already imposed a series of rules around the abortion pill that doctors have warned could prove prohibitive. The ministry has required doctors to be trained to prescribe the pill,

ister called the totality of these rules "onerous" and a risk to patient safety, as reported by the Globe and Mail, which broke the latest news of the \$300 price tag.

A Globe editorial called the entire debacle "paternalistic." Dr. Wendy Norman, the Canadian Institutes of Health Research chair in family planning, has dubbed the rules "demeaning."

Without question, they are sexist.

But then, so is the history of abortion access here.

Only this year has P.E.I. been forced to offer abortions in-province through a lawsuit. Only last year did New Brunswick stop forcing women to get two doctors' approval before seeking an

abortion. In medical schools across the country, abortion is nearly absent. It's not even mentioned in mandatory lectures at one-third of schools, and there's no standardized curriculum.

That is an outlandish state of affairs given how common abortions are: Nearly one-third of Canadian women have had at least one abortion, according to Norman's own research.

Let's repeat: We have a physician-training system that ignores one of the most unifying procedures in Canadian women's lives. And like all discrimination, this country's sexist abortion laws hurt the remote and less wealthy the most.

Those outside our major urban centres have a much lesser chance of finding an abortion clinic nearby. Those on low incomes will be far less likely to afford the \$300 charge. And the situation is only getting worse. In recent years, there's been a "substantial decline" in the number of rural abortion providers, Norman's research has found.

All of this is not the problem of Celopharma Inc. — it's Health Canada's. The pharmaceutical industry doesn't have a duty to protect the rights of Canadian women, and to offer fair and unhindered access to basic health care. Health Canada does.

And Justin Trudeau — who took so much heat and won so much praise for requiring a pro-choice stance within his party — should put our money where his mouth is.

He should demand Health Canada that find a work-around to the review problem. He should demand better access to abortion clinics for women who would chose them.

Doesn't matter what he calls himself — Trudeau's no feminist unless he does.



**Vicky Mochama**  
For Metro

### The personal has gotten political for black athletes



We're now through Week 3 of the NFL's regular season, and Colin Kaepernick is still sitting out.

Players from around the NFL have joined the San Francisco 49ers backup quarterback in boycotting the national anthem to protest unpunished police killings.

And on Monday Raptors star DeMar DeRozan and his teammates promised that they, too, plan to speak out against police brutality.

We're witnessing a meeting of politics and sports not seen since the civil rights era.

Some would prefer for sports to stay apolitical. I get it. Spending an entire Sunday watching impossibly large men hit each other for points is my idea of heaven. As an escape from life, football is perfect: there's a winner and a loser and there's a story. Real life doesn't have as many clean resolutions or as many reasons to eat nachos.

Historically, black athletes have tended to stay quiet on social issues. The major exception is the 1960s, when Mohammed Ali could be seen on national TV saying, "We black people, as a whole, are at war, we'll say, with the white power structure" in front of a white audience.

It didn't last. The '80s and '90's were the glory days of see-no-evil-hear-no-evil in pro sports. It wasn't that the athletes stopped caring; it was, in part, because the economic stakes rose. As TV rights, product endorsements and free agency fattened and diversified athletes' incomes, there arose a host of poten-

tial conflicts of interest that didn't used to be there. Hence Michael Jordan, the quintessential '80-'90s athlete, saying, "Republicans buy sneakers too." To a community accustomed to poverty, getting rich looks confusingly similar to getting free.

Lately, though, politics have come back to sports. The Kaepernick protest and DeRozan announcement represent the culmination of a trend that had been building in recent years, especially in the NBA, the league that kicked out Donald Sterling for racist comments and that pulled the All-Star game from Charlotte after North Carolina passed a trans-phobic law.

The culture seems to be realizing anew that sports are real life and that real human beings are involved. In many cities with pro teams, black communities face racist policing. These are often the same police that guard the stadiums. After Bay Area police threatened not work games for Kaepernick's 49ers, Miami police suggested they would not protect Dolphins players who protested. (This is the same PD that planned to boycott a Beyoncé concert. How do racists get such good tickets?)

How can black players leave politics at home even when it literally follows them to work?

For black players, racial politics is built into the game. Sponsors who use their images are discomfited by the sounds of their voices. Their bodies and their rights might not be protected by those tasked to do so, because they used the former to exercise the latter.

A black pro athlete in America is like the first guest to arrive at a party: both a winner and a loser.

**Like all discrimination, this country's sexist abortion laws hurt the remote and less wealthy the most.**

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## FIGHTING FAKE FOOD SCIENCE WITH MEMES



Anti-science giants of the Internet like "Food Babe" Vani Hari would have you believe that genetically modified foods are unsafe and dangerous "chemicals" are lurking everywhere. But a group of bloggers and science champions are, sometimes patiently and sometimes with some serious sass, acting as foot soldiers in the fight against food fads that have no basis in fact. **And they're turning their enemies' weapon of choice — social media — against them.** GENNA BUCK/METRO

### PRO-SCIENCE MAMA facebook.com/ProScienceMama

**Who's behind it:** This prolific meme-maker wants to remain behind her cat avatar, but said she's "an artisan from Finland."

#### What's your goal?

Education. Many people have told me that they have learned from the things I share, or changed their minds. I want to show people that not all young moms these days turn into anti-vax, modern-medicine-denying, wasting-money-on-organic-food hippies.

I am a mom, I have concerns about my kid as any other parent, but I do know that mommy instincts and gut feelings do not outweigh scientific evidence and reason.

#### What misinformation makes you the maddest?

I find the most frustrating topics are the ones that have been debunked time and time again, and yet people still keep repeating the same nonsense. The amount of misinformation and lies promoted by alternative health and lifestyle advocates is astonishing. I haven't had a day without a face-palm moment in a while.

#### What particular food myths do you want to debunk?

Anything considering organic food. Many people still believe that organic food is somehow healthier, more nutritious, pesticide-free, etc. Those are nice fairy tales, but not reality.

#### What have you learned about how to make debunking work?

It's often impossible to argue with people from the anti-vax or anti-GMO movements because they live so deep in their conspiracy-filled, paranoid world. But it is possible to reach other people who are not so fixed on their ideas. I find it important to keep a cool head. And always back up your claims with sources.



### DIET VS. DISEASE dietvsdisease.org

**Who's behind it:** Joe Leech, a dietitian from Sydney, Australia, who also makes videos for AuthorityNutrition.com.

#### What kind of anti-science misinformation infuriates you the most?

Definitely natural cancer "cures" that so many large websites with big followings are sharing. And then there's the anti-GMO movement. There's nothing to suggest GMOs are unsafe, and it's the only way we can create enough food to feed the world.

#### What food myths would you like to see banished?

Anything manipulative that preys on people's insecurities: It's unethical. Detox products, weight loss pills, strange diets (like the blood type diet and alkaline diet) and lemon water. There are so many stories of people following natural remedies instead of medicine and ending up worse off, or dead.

#### What have you learned since starting this site?

I've learned that humour

works best, or being incredibly helpful and informative. Or better yet, both.

#### Do you feel that consumers are getting more savvy and science literate?

They're definitely asking more questions.

#### Do you have a hope of being heard over anti-science heavyweights like the Food Babe?

Absolutely. We can and will compete, it's just a gradual process. We need to observe and understand what those heavyweights do so well. Because that's where scientists have always been lacking, and is the reason pseudo-science has such a strong foothold on social (media).



### SCIBABE scibabe.com

**Who's behind it:** Former chemist Yvette d'Entremont initially fell for some of the pseudoscience that she now works to debunk.

#### What's your goal?

To help people recognize the difference between real science and pseudoscience using relatable, funny language. And maybe some d—k jokes.

#### What food misinformation are you fighting?

People think certain foods are evil (gluten and dairy come to mind), that sugar is toxic (a little is fine, keep it within your caloric allowance and get your veggies first), and that GMOs are hurting the planet (I talk to farmers and scientists about this regularly — just no). If people with access to every type of food are scared into buying something that puts a budgetary strain on them, I'm trying to tell them there's science that says the marketplace is safe.

#### Are consumers getting more science-savvy?

Consumers have seen

enough lawsuits on products like sneakers that claim to give you a nice butt, or herbal pills that promise weight loss. They want to know what they're buying. Does it mean they're more interested in science? I'm not sure if they want the science or the cost savings, but they're getting both.

#### Have you had any success bringing people over to a scientific point of view?

Rarely does a week go by without an email saying "I used to follow the Food Babe until your writing made me take a closer look." The best letter I ever received was from a father of two who said he started vaccinating his kids after reading my blog.



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JOHANNA SCHNELLER WHAT I'M WATCHING

# 'Breathtaking' bias in post-debate coverage

**THE SHOW:** Post-U.S. presidential debate coverage (CNN)  
**THE MOMENT:** The dramatically unequal air time

"Let's talk about Hillary," says Jake Tapper, one of CNN's post-debate panelists, to entrepreneur Mark Cuban, a Clinton supporter. "Are you surprised Trump took her bait as often as he did? Do you think he had any strong moments?"

"Did you make eye contact with him?" asks panelist Dana Bash.

"You've known Donald Trump for a long time," says Wolf Blitzer.

I am levitating off my sofa in frustration. This is "talking about Hillary?"

According to CNN's own polling, Clinton trounced Trump, 62% to 27%. She soundly defeated him in every category they measure.

Yet in nearly two hours of post-debate coverage, CNN's



Hillary Clinton, seen here Tuesday, was not described as 'presidential' by CNN, writes Johanna Schneller. AFP PHOTO / BRENDAN SMIALOWSKI

panelists devote a mere 10% of their time to discussing Clinton — and 90% of that is in relation to Trump, the things she said to and about him.

Discussion about the policies and ideas she raised? Zero.

Cameras follow Trump into the spin room and record the

sound bites he didn't get to say in the debate.

Time spent in Clinton's spin room? Zero.

Most importantly: Many panelists speculate if Trump was "presidential." Not one of them uses that word for Clinton.

Finally, at 12:15 AM, Van Jones asks, "Can we talk about the things she did well?"

He mentions that Trump interrupted Clinton 51 times in 96 minutes. Paul Begala says, "It took enormous discipline [for her] to not react to that."

And then host Anderson Cooper says, "We have to take a break."

When they come back, they talk about Trump. CNN, your unconscious bias is breathtaking. Give the woman equal time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## DIGITAL STREAMING

## What is the future of TV?

Rogers and Shaw have decided to throw in the towel on their streaming service Shomi, but many other subscription streaming video services are about to launch in the U.S., as the model is still seen as the future of video consumption.

Netflix's wild success over the past five years may have tagged

day the service "approached 900,000."

Many of those users likely received a Shomi subscription as part of a promotion tied with their cable packages, so it's unknown how many of those hundreds of thousands were paying the full \$8.99 subscription price.



**(Customers) want choice, control and on-demand programming.**

Adrian Chung,  
J.D. Power director

A Rogers executive described Shomi as an experiment, but one that didn't have enough fans to survive.

"It's like a great cult favourite with a fantastic core audience that unfortunately just isn't big enough to be renewed for another season," said Melani Griffith, Rogers senior vice-president of content, in a statement.

Most streaming services rarely give out subscriber numbers, but the head of Shomi said Tues-

day the service "approached 900,000."

of cord-cutters. It was to take on Netflix at its own game. "Definitely streaming is desired and is growing," says Adrian Chung, director in the telecom, media and technology practice at J.D. Power.

"What we found with customers in general is that they want choice, control and on-demand programming — and streaming provides those three pieces of that puzzle," he said.

TORSTAR NEWS SERVICE

## LIQUID ASSETS

### Go back to black with Iceland export Brennivin

When you consider that beer was illegal to buy, import or make in Iceland for most of the 20th century (it didn't make a comeback until 1989) I wouldn't blame you if you thought the country was a bit backward when it came to liquor production.

Though beer brands now make up most of Iceland's liquid output, internationally it's known more for hard liquors like Brennivin (700ml, \$28.95-\$34.99), a clear as glass schnapps-style spirit.

Since it's made from fermented grain, or potatoes, and flavoured with caraway, it's technically an aquavit — a spirit typically taken as a shot. With its light caraway flavour Brennivin is surprisingly subtle and smooth, especially when served ice cold.

Prices reflect the range across the country.

PETER ROCKWELL/  
FOR METRO



SPONSORED CONTENT

EWYN WEIGHT LOSS STUDIOS

## New weight loss studio gets results in Dartmouth

Nicole Wreaks is a big fan of EWYN Weight Loss Studios, and with good reason. After just a month and a half of using its services, she lost 20 pounds. It's no wonder she's so proud to be the owner of its new Dartmouth location, which opened in mid-September.

"We are exactly what you need to achieve your weight-loss goals," says Wreaks.

The business provides full-service weight loss programs to men and women 16 and older. Programs offer custom meal planning, weight-loss support, guidance and motivation, all critical ingredients to keeping one's fitness goals on track.

"It's about taking the structured program we have, but really personalizing it to people's needs to meet whatever life throws at them," says Wreaks.

EWYN sells a variety of products to give people's weight-loss efforts a boost. "We have an amazing line of supplements that are all made in Canada. They're exclusive, proprietary blends to EWYN Weight Loss Studios," says Wreaks.

The supplements have been specifically formulated to help control hunger cravings, burn



CONTRIBUTED

body fat and balance hormones, making most weight-loss regimens more effective overall.

This is EWYN's first Atlantic Canadian location, and many more are anticipated for the region. The company has seen extensive growth in the past 12 months, currently boasting numerous locations throughout Ontario and Alberta.

EWYN is located at 590 Portland Street in Dartmouth and is open Monday to Friday from 9 a.m. to 7 p.m., and Saturdays from 9 a.m. to 1 p.m.

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## The fresh and healthy Lebanese food pioneer

In the Halifax area, the name Ray is synonymous with top-notch Lebanese food. That's because for almost four decades, Ray Khattar has been satisfying people with fresh and healthy homemade food.

He was the first person to open a Lebanese food restaurant in the province and currently runs Ray's Lebanese Cuisine at 75 Akerley Boulevard in Burnside.

The food is all made from scratch, without additives or preservatives, resulting in delicious dishes full of flavour. The secret spice mixtures used by Khattar add another dimension of flavour.

"In Lebanese food, there's no such thing as opening a can and serving it. You have to cook it from scratch. It's like your grandmother's recipes," he said.

These favourites include foods like chicken shawarma, fatoush, tabouli and baba ghanouj.

Ray's Akerley Boulevard location is as colourful as the exotic food it serves up. With its bright green walls and abundance of



CONTRIBUTED

natural light streaming in, the business offers a warm and comfortable ambiance and is the perfect place to go for lunch or breakfast. With seating for up to 60 people, Ray's Falafel is ideal for a private party.

The company also offers catering services for homes and offices, as well as any event you can imagine.

Ray's in Burnside is open Monday to Friday from 7 a.m. to 6 p.m., as well as on Saturdays from 10 a.m. to 3 p.m.

## Bin Doctor makes recycling easy

With the complex rules in place surrounding what gets recycled in your local municipality, Bin Doctor has home recycling stations that make it easy to comply.

The three-compartment system has lids and holds the clear bags you would put to the curb. The company just launched a two-compartment system designed more for smaller spaces, said Robert Loppie, one of the company's co-founders.

He started the company in 1999 with his best friend, Jason Vaillancourt. The two started the company at the same time HRM rolled out its green bin program.

For the 240-litre outdoor green bins, the company has come up with a large bin liner that won't crumble. Made of two-ply waterproofed paper, it's biodegradable and compostable.

Using the bin liner will eliminate odours and keep your green bin completely clean and free of insects. To use it, people should wash out their bin first and then begin using the liners.

The bin liner is available at Sobeys and the Bin Doctor's storefront at 75 Akerley Boulevard.

The company also offers plastic welding repair services to items that have cracked



CONTRIBUTED

or are broken, such as recycling containers, ATVs, water tanks, canoes and fish tubs.

"You name it, we've repaired it," said Vaillancourt.

The company is soon going to be overhauling its website, bindoctor.com. The new site will have a fresher look and allow for easy online purchasing.

New products sold on the site will include Recycle A Cup, designed to cut and separate K-cup pods for recycling; Binstrap for keeping raccoons out of your bins; and the Batrecycle bin, an environmentally friendly way to test, store and dispose your household batteries.



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## Superior solutions for a cleaner environment

Superior Sany Solutions has been a proud member of the Halifax-Dartmouth Community for the past 5 years.

Superior Sany Solutions is a full service cleaning supplies and equipment distributor committed to working side-by-side with customers to help them meet today's complex cleanliness and safety standards. We have been tirelessly and diligently addressing the cleaning requirements for our diverse range of customers in property management, health care, education, industrial, government, and building service contractors since 1985.

We are very excited to announce that we just opened a brand new cash and carry store in our community. It is one of seven Sany

stores located across Canada, and is committed to helping its customers deliver a clean environment at the lowest cost.

With winter about to hit, along with all of its accompanying inconveniences, now is the time to start planning to winterize your business or storefront. Sany offers many products which have been specially formulated with this in mind, many of which are Ecologo certified, so be sure to take a visit and find out how they can help you prepare for winter and deliver a better clean.

The Sany storefront, located in the Burnside Business Park at 75 Akerley Blvd. Unit 12, is open Monday through Friday from 8 a.m. to 5 p.m.



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## Quality windows and doors since 1988

After the hot, dry summer Nova Scotia experienced, the province is expected to get the reverse this winter. The Farmers' Almanac is calling for a cold, nasty winter that won't be good news for people's heating bills.

This makes it a great time to look at investing in energy-efficient windows, doors and siding. Not only will these upgrades reduce your heating costs, but they'll make your home more comfortable and attractive.

Up to 50 per cent of a home's heat loss can be attributed to drafty and inefficient windows and doors.

To give people extra incentive to upgrade these things this winter, Windows Plus Home Improvements Inc. is paying the tax on all new Gentek vinyl window and door replacement orders placed

before Feb. 26, 2017.

Another option to add to a home's R-value is to apply siding with insulation board.

Windows Plus can do the installation work for all of these items throughout the winter.

The company has been in business since 1988 and provides its customers with helpful advice, shows up when promised, uses only quality products and workmanship, and cleans up after the job.

The company's showroom is at 95 Akerley Boulevard in Dartmouth, which is open Monday to Friday from 9 a.m. to 5 p.m.

Windows Plus also has an active social media presence and can be found online at [windowsplus.ca](http://windowsplus.ca), on Facebook at [facebook.com/WindowsPlusHRM](https://www.facebook.com/WindowsPlusHRM) or on Twitter @Windows\_Plus.

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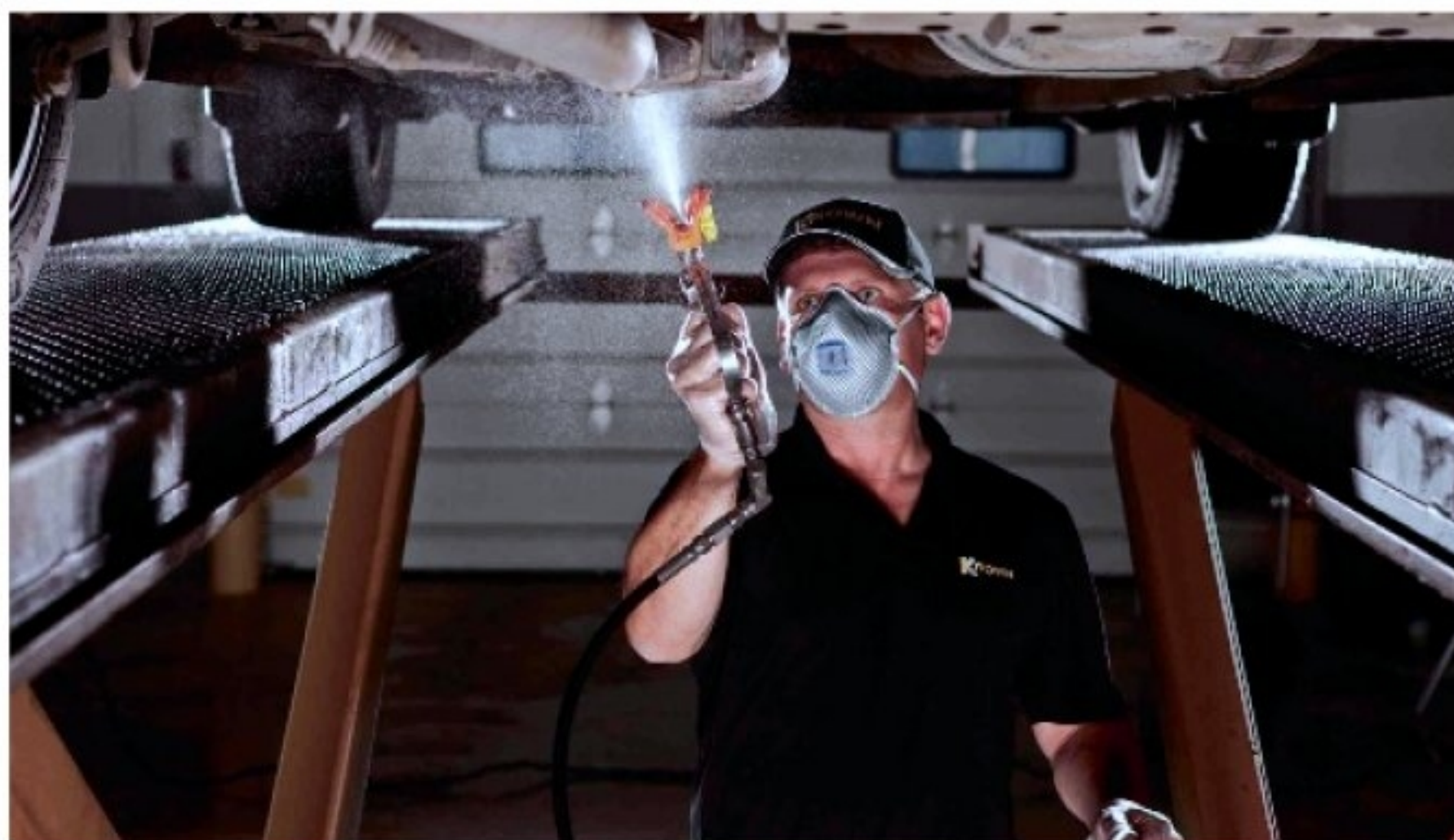


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# FALL CAR CARE



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## What to look for in a rust protection product

What should you be looking for in a rust protection product. First of all it should be environmentally safe," says Craig Shuttleworth, marketing director at Krown Rust Control.

"Environmental friendliness is a very important feature in rust control products," he says.

Also it should be applied by certified technicians who have been properly trained in rust control applications. The product also should be backed by a warranty.

"We offer a warranty that's good from coast to coast," says Shuttleworth.

"You can get your rust protection applied in Halifax and take it to one of our locations in Winnipeg or Edmonton to honour the warranty."



## Rust protection can save money

The long Maritime winters may be hard on our spirits but the salt we add to our roads is even harder on our cars. Add to that the year-round effects of our salt-permeated atmosphere and it all adds up to a recipe for rust.

Craig Shuttleworth is marketing director at Krown Rust Control. He says the winter roads on Canada's east coast are a vicious brew of magnesium chloride, brine and other

chemicals designed to make driving safe and roads less slippery. "Deicing compounds are great for keeping the roads safe," says Shuttleworth, "but they tend to be very sticky in order to make them stick to icy roads. That can be a problem for car owners because they can stick to the bottom of your car. And they are very corrosive."

Investing in a good rust protection plan

is a sensible and cost effective measure, especially in our climate, says Shuttleworth. "Humidity is the biggest issue when it comes to rust, and Atlantic Canada is a very humid climate," he says.

The economic case for rust protection is powerful, says Shuttleworth. "We like to talk about structural integrity. A car that's protected from rust is going to be safer. It's going

to hold together better as it ages. You're going to have less electrical breakdowns, better lubrication, a better resale value. And maintenance costs are going to be drastically reduced over time. Some of our long-time customers have calculated that they have saved seven dollars in reduced maintenance costs for every dollar invested in rust protection.

## Simple maintenance steps can make your car last a lot longer



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Winter is more than just an assault on our collective psyches. It can also have a devastating impact on the life of our cars. There are steps that a vehicle owner can take to combat rust and improve the resale value of their car.

The most important strategy to combat rust may also be the simplest, according to Craig Shuttleworth, marketing director at Krown Rust Control. Wash your car, at least once a week, even in the winter. And if standing outside with a bucket and hose during a January deep freeze doesn't sound like fun, automatic car washes offer a warm alternative. Make sure the car wash

gets underneath your vehicle to effectively remove salt and chemical compounds that collect there.

"Regularly washing a car is one of the best ways to protect the car's value and to fight the effects of rust," he says.

The regular application of a good rust control product is the other part of a rust control program. Shuttleworth says that cars today are built better than ever, but rust control is still vital, even with a brand new vehicle. "You need to use an effective product and you need to get it professionally applied every year," he says. "There's a cost up front but you're going to save money in

the long run."

There are do-it-yourself products on the market but Krown Rust Control stays away from them, preferring instead to rely on trained technicians and specialized tools to apply its products. The key points that need to be protected tend to be hard to reach, including the bolts that hold the car's suspension together, the inside of doors and door latches, the trunk, rocker panels, wheel wells, exterior mouldings, and drain holes.

"Proper application is a big part of making sure the rust protection works effectively," says Shuttleworth. "It's a job best left to the experts."





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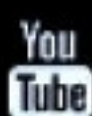
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## Coast Tire adds a new location

Coast Tire & Auto Service have been Burnside's commercial tire experts for years at their Windmill Rd. location. Recently, however, they've found that they were outgrowing the available space. "We needed more room for the trucks to turn around and park" says service manager, Tim Carroll "so when the new space became available we were really excited to move in." The Windmill Rd. location is now focused exclusively on passenger vehicles and auto service while the commercial service is moving to the new location.

Taking over the former Nova Enterprises Truck Centre at 116 Thornhill Drive in the

Burnside Industrial Park was a great fit for Coast Tire & Auto Service to expand their growing commercial business. The experts at Coast Tire & Auto Service have tires for commercial vehicles for tractor-trailers to off-road, forestry, forklifts, and industrial equipment. Providing a single point of contact for all tire services from the major brands like Nokian, Goodyear, Dunlop, Sailun, Titan, General, Continental, Aeolus, and more.

They look forward to servicing their existing and new customers at the new location with their trademark Real People, Real Service attitude.

## Specializing a key to providing great service

Dave Campbell has a simple message for car owners who are thinking of waiting until the snow flies to get their vehicles ready for winter. Don't. "Our fall weather is nicer than it used to be and owners are waiting later and later to get their fall maintenance completed. Then, all of a sudden the weather gets bad and they get caught up in the last minute rush."

Harrington's VW Parts and Service recently celebrated 50 years of doing business in Halifax. In recent decades the company has become well known as an expert in Volkswagen and Audi repair — a strategy that focuses on being the best, says Campbell. "We're emulating the dealer formula," he says. "Focusing on the Volkswagen and Audi brands allows us to be masters of one thing rather than attempting to be masters of all things," he says. "Cars are getting more sophisticated all the time. You need specialized tools and you have to be able to understand the intricacies of each model if you're going to do a great job."

Harrington's extends that focus to maintaining a large stock of new and used



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Volkswagen and Audi parts. "Same day service is our goal," says Campbell. "Having a large selection of parts on hand allows us to do that."

In addition to service and parts, Harrington's also sells a selection of used cars at their Halifax location and on their website at [harringtonshalifax.ca](http://harringtonshalifax.ca)

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# Fall servicing is important for worry-free winter driving

Webster Doherty remembers the day he became a firm believer in snow tires. He was at a tire demonstration at the Metro Centre in Halifax and had a chance to get behind the wheel of a test car that had state-of-the-art snow tires installed. "Up until then I thought all seasons were good enough for winter driving," he recalls. "But it took a lot of effort on my part to get that car to spin out."

Doherty is the service manager at MacPhee Ford in Dartmouth. He says that snow tires are one of the best investments a motorist can make for safe winter driving. "The tire business in North America is huge," he says. "Rubber compounds in the tires have become so advanced that winter tires really perform much better than all-season tires when the temperature drops below seven degrees. They will really help to keep you on the road when conditions get icy."

Proper wheel alignments are essential as well to get the longest possible life out of a set of tires. "We recommend that vehicle owners check their alignment twice a year," says Doherty. "We have a drive through alignment

machine that we use to check wheel alignments. It's an extremely technical machine and it's free of charge."

Right now the service department at MacPhee Ford is gearing up for a busy fall season helping customers get ready for winter. Doherty recommends that every vehicle owner take care of four basic things before the snow flies: snow tire installation, battery testing, a coolant check and oil change. MacPhee offers a quick service team that can perform fall preparation services quickly and without an appointment.

## Test your battery

"One thing drivers tend to forget about is batteries, but they really only have about a four-year shelf life," says Doherty. "A battery that's good enough to start your car in summer might not be good enough to work on the coldest days of winter. We see it every year. The first couple of cold days, a lot of cars are towed in just because of a bad battery."



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# TRUCKERS ASSOCIATION OF NOVA SCOTIA

## A STRONG, UNITED VOICE

The Truckers Association of Nova Scotia (TANS) is a great example of what happens when truckers who are dedicated to working hard and delivering the highest standard of service work as a team. TANS

is a non-profit member-organized association which exists to support the aggregate trucking requirements for road and bridge building and maintenance work throughout Nova Scotia.

TANS started 47 years ago with a group of energetic and committed truckers who spoke with a strong and united voice in support and protection of the livelihoods of aggregate truckers through the fair and equitable distribution of trucking work on government projects in the province.

That strong voice continues today with TANS advocating and lobbying on behalf of its aggregate trucking members, supporting the economic welfare of the aggregate trucking industry, and assisting in maintaining safe and healthy aggregate

trucking transport practices through responsible and safe driving and delivery principles and the highest equipment safety standards.

TANS is governed by a member-comprised volunteer board of directors and a hired executive director with approximately 450 members (and over 960 trucks) comprised of individual owner-operators having one or more trucks to companies with large truck fleets.

"Our members are proud and dedicated workers, living in both urban and rural settings, who are committed to excellence in their field," says Sherri Lohnes, executive director of TANS. "The work of TANS members helps to ensure that taxpayer-funded road building and maintenance projects in each county benefit the individual aggregate truckers and associated small businesses in those counties."

The working arrangement between TANS and the Nova Scotia Transportation and Infrastructure Renewal (NSTIR), known as the 80/20 rule, requires that a minimum of 80 per cent of all aggregate trucks hired by NSTIR contractors on the majority of taxpayer-funded road building and maintenance projects to belong to TANS members. Interested aggregate truck owners apply annually for registration as a member in TANS (refer to tans.ca) during a set campaign period and, once accepted as a member, benefit from such project work in their county during that membership year.

Negotiated haul rates are fixed and paid by the NSTIR for such work enabling the NSTIR and its contractors to better budget and plan for such taxpayer-funded projects. NSTIR jobs tendered in each of the province's 19 counties are first offered to TANS members residing in those counties, with out-of-county trucks dispatched when needed. Each county maintains its own trucking association with an elected volunteer executive team and a hired dispatcher to operate and administer the county association and dispatch requirements.

"While not perfect, the 80/20 rule works very well in ensuring local truckers are hired for local projects," Lohnes says. "Without it, many of TANS members and the smaller construction contractors in the province would not be able to survive and the cost to tax payers for road building

and maintenance work would substantially increase."

TANS members' philanthropic work involves a long history of supporting children. Through individual donations and fundraising efforts, TANS members have helped to support both the IWK, as a champion of excellence in the health and improvement of the lives of children, and Early Intervention Nova Scotia through TANS' support of the "Tricia Morse Parent Education Fund" which provides families with funding to attend training programs to enhance their competence and confidence as they help their special needs children meet their full potential.

TANS members also support Special Olympic athletes through various initiatives including participation in The World's Largest Truck Convoy celebration in Dartmouth each September (truckconvoyns.ca).

The aggregate trucking industry continues to evolve with changes in governing rules and regulations, market dynamics and business strategies.

"The services provided by TANS members are essential in the effective and efficient road and bridge building and maintenance work in the province," says Lohnes. "Continued support of the 80/20 arrangement by the provincial government and its road building contractors and by TANS members is paramount. TANS will continue to build on the strength of its strong and active membership to improve and enhance the services it provides and will work on forging stronger relations with its industry partners in order to be seen as not only providers of service, but equal partners."

**"THE WORK OF TANS MEMBERS HELPS TO ENSURE THAT TAXPAYER-FUNDED ROAD BUILDING AND MAINTENANCE PROJECTS IN EACH COUNTY BENEFIT THE INDIVIDUAL AGGREGATE TRUCKERS AND ASSOCIATED SMALL BUSINESSES IN THOSE COUNTIES."**

— Sherri Lohnes,  
TANS executive director

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Parts for Trucks has been repairing and providing replacement parts for heavy-duty vehicles and trailers since 1919. They operate in all four Atlantic provinces with 15 locations. They have three locations in HRM, with the largest centre and head office located in Dartmouth.

The relationship between Parts for Trucks and Fisher is a long one — going back 51 years — and is very well respected. Parts for Trucks is the oldest continuous Fisher distributor in North America.

"It's a great product and performs very



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well in our climate," Raymond said.

For nearly 100 years Parts for Trucks have been keeping heavy-duty vehicles on the road in Atlantic Canada with the best warranties, tailor made equipment and decades of customer service experience.

"We work hard to earn the business of our customers in the snow plow business," Raymond said. "Those folks work hard and when things break down, they don't have a lot of time to wait to get things fixed so we work hard to keep them happy and keep them in business."

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Urquhart-MacDonald & Associates, established in 1988, is an independent commercial financial agency and brokerage.

A key segment of their business is focusing on arranging leasing and financing for all makes and models, new and used, of trucks, trailers and other equipment used by members of the Truckers Association of Nova Scotia.

Urquhart-MacDonald & Associates has been an affiliated Trade Member of the Truckers Association of Nova Scotia since 1992. Their customers range from single owner operators to large multi-unit firms. Typical transaction sizes range between \$25,000 to over 1 million.

By being independent, they recognize the importance of prompt credit approvals and speedy response times to customers. Also, due to a strong funder base, they are able to match each customer's requirements with the best possible finance source.

This team of seasoned professionals has, collectively, more than 200 years of expertise. Other services for customers include arranging appraisals, locating trucks plus trailers and offering various insurance programs.



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## Out of Scion's ashes, Toyota 86 rises



### REVIEW

**The 86 is built with driving enjoyment in mind**



**Dan Ilika**  
AutoGuide.com

Like a Hellcat in the rain, Toyota's Scion failed to gain traction.

It wasn't, however, for a lack of enjoyable and affordable products, with a handful of solid offerings throughout the youth-oriented brand's lineup, including the FR-S coupe. It was back to the basics in a market flooded with anything but; an honest-to-goodness sports car in the purest sense. So as the death knell tolls for Scion, the FR-S lives on, rebadged as the 2017 Toyota 86.

As one of only three Scion models to be salvaged, the 86, née FR-S, gets a fistful of new goodies as part of its welcome to the Toyota lineup. Slight styling enhancements, including redesigned front and rear fascias, LED lighting all around, and a new 17-inch wheel design, while changes to the interior include a smaller steering wheel and synthetic suede trim.

Mechanically, the 86 gets a few minor tweaks, including revised spring rates and shock tuning, standard hill-start assist regardless of transmission choice to keep the car from rolling backwards, and new intake and exhaust manifold designs. And, like the Subaru BRZ with

which the 86 shares its platform, manual versions of the 2.0-litre boxer four-cylinder-powered coupe get a modest five horsepower increase, and a boost in the torque department.

The 86 was built with the basics of driving enjoyment in mind. Brute power is not necessary to have fun in the Toyota 86, and so brute power isn't part of the package. Even with the slight bump in output, the car is the least powerful in its segment by a long shot. But that doesn't mean it isn't fun; quite the contrary, actually.

The 86 may lack power, but it makes up for it by being light. With a suspension setup that is neither too soft nor too stiff, the car can be tossed into a corner with little recoil, the thick sway bars keeping body roll to a minimum, the car poised for the next turn. Even with track mode engaged — and with it traction control turned off — the 86 offers plenty of road-hugging ability.

And then there are the transmissions. Both six-speeds, Toyota says the take rate on the automatic compared to the manual is about 60/40, which means 60 percent of buyers are missing out on almost 100 per cent of the fun. Sure, it doesn't take all the enjoyment out of the drive, but it definitely saps most of it, feeling unwilling to co-operate at times despite its rev-matching ways.

The Scion brand may be dead, but its youthful essence is alive and well in the 2017 Toyota 86. Sure, the fanboys and girls will complain about the lack of a turbocharged engine, but the coupe hits a sports car sweet spot that few others can match.

### THE CHECKLIST | 2017 TOYOTA 86

#### THE BASICS

**Engine:** 2.0L flat four-cylinder  
**Power:** 205 hp, 156 lb-ft (manual)  
**Transmission:** Six-speed manual; six-speed automatic  
**Fuel Economy (L/100 km):** 11.3 city, 8.3 hwy (manual)  
**Price:** Starts at \$31,270 (destination included)



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- Responsive handling
- Balanced ride
- Turn-key fun factor

#### LEAVE IT

- Automatic transmission
- Soft clutch feel
- Outdated center stack



90s to now

Break the routine.  
mix means variety.



# Tesla's 'enhanced safety requirement'

## CHEVROLET

## New Equinox debuts with diesel option

Chevrolet is going to offer the segment's first turbo-diesel with the new 2018 Equinox. The available 1.6-litre turbocharged diesel four-cylinder engine joins the lineup. It is an all-new design that will deliver an estimated 136 horsepower. The 2018 Chevrolet Equinox will go on sale spring 2017 and the turbo-diesel engine will arrive in summer 2017.

JASON SIU/AUTOGUIDE.COM



GENERAL MOTORS

## BENTLEY

## Fastest diesel SUV debuts

Bentley has introduced its first diesel model ever. Considering the gasoline-powered Bentley Bentayga claims the title of world's fastest and most powerful SUV, it's no surprise the Bentley Bentayga Diesel is also the world's fastest diesel SUV. Sporting a 4.0-litre triple-charged diesel V8 engine, the Bentayga Diesel delivers a class-leading 429 horsepower. JASON SIU/AUTOGUIDE.COM



BENTLEY



## TECHNOLOGY

## Update improves autopilot system

Tesla is forcing its drivers to take the wheel following a software update aimed at improving the safety of the automaker's Autopilot system. In what the automaker is calling an "enhanced safety requirement," the car's computer will disable Autosteer if the driver "ignores repeated warnings" and won't allow the system to be reengaged until the car is parked. Tesla didn't say how many warnings the system would provide the driver before disabling the system.

The changes to the self-steering system are part of a larger software update that emphasizes the use of radar over cameras when Tesla's semi-autonomous Autopilot system is engaged.

DAN ILIKA/FOR METRO

## THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

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Never Be Like You
- 5 Sia ft. Kendrick Lamar  
The Greatest
- 4 The Chainsmokers ft. Halsey  
Closer
- 3 DJ Snake ft. Justin Bieber  
Let Me Love You
- 2 Tove Lo  
Cool Girl
- 1 Kiiara  
Gold



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## CLUBMAN

## New MINI goes all wheel drive

The MINI John Cooper Works Clubman has been introduced with a new all-wheel-drive system.

Sporting a turbocharged 2.0-litre four-cylinder engine, the new MINI John Cooper Works Clubman is the first model from the British automaker to combine the John Cooper Works performance enhancements with the new ALL4 all-wheel-drive system.

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# Advantage Team Canada

**WORLD CUP OF HOCKEY**  
**Red and white can raise trophy with win on Thursday night**

Dominance it was not, but Team Canada still did enough to capture Game 1 of the World Cup of Hockey final.

Carey Price made 32 saves and the top line of Sidney Crosby, Brad Marchand, and Patrice Bergeron chipped in with two more goals as Canada beat Europe 3-1 on Tuesday night.

Steven Stamkos scored the eventual game-winner, with Hammonds Plains' Marchand and Bergeron also finding the back of the net.

Earlier in the day Canadian head coach Mike Babcock said the World Cup, for all its good, could not replace the Olympics "where the heat's on you and you've got to deliver."

"Let's not get confused," he said.

And indeed, the opener lacked the intensity, emotion or inherent tension that the race for a medal at the Olympics offers. The game had more of the feel of an exhibition match than the final of a top international tournament. There was no pushing and shoving between whistles or apparent verbal sniping between the two benches.

Canada didn't dominate like it had previously.

Some of that was resistance from Europe, a concept team that's unlikely to return for fu-



Team Canada defenceman Brent Burns collides with Team Europe's Thomas Vanek in Toronto on Tuesday night.

NATHAN DENETTE/THE CANADIAN PRESS

ture World Cups. They offered what's become a standard fight in the first game of perhaps their only final appearance, limiting Canada's chances while generating more than a few of their own.

It was testament to the overwhelming talent disparity between the two teams that Canada grabbed a 2-0 lead after

## FINAL Game 1



the first.

The Europeans were actually the better team through 20

minutes. They outshot the Canadians 13-9, sustained lengthy stints in the offensive zone and even had the best early chance of the game, a Tomas Tatar shot in tight that was denied by Price.

But Canada capitalized on its chances as a team with this much firepower often does.

Europe scored its only goal when Dennis Seidenberg sent

a shot from the sideboards through a maze of traffic, the deflected attempt was found by Tatar, who slipped a shot past Price to make it 2-1.

Crosby had a pair of assists on the night.

Canada can clinch the World Cup trophy with a victory on Thursday night.

THE CANADIAN PRESS

## CFL Grieving Stamps return to practice

It was back to work for the Calgary Stampeders on Tuesday after the loss of a teammate on the weekend, but the memory of Mylan Hicks wasn't far from the players' minds.

Jamar Wall will start wearing Hicks' number 31 beginning at this weekend's game in Hamilton. Wall said he had taken Hicks under his wing to help a fellow defensive back who was on the team's practice squad.

"I felt like that was something I should do, being a leader on the back end and him being in my position, loving him like a true brother that would be my privilege to do that in honour of him," Wall said following practice.

Hicks, who was 23, was shot outside a nightclub following an altercation early Sunday morning. He was taken to hospital in life-threatening condition and later died.

Several players, including Wall, were at the bar after their win over Winnipeg.

"I was there but I missed the actual incident," he said. "Being there ... it's something you can't explain. You can't describe. There's no words for it."

THE CANADIAN PRESS

## + SUSPECT

Police have charged Nelson Tony Lugela, 19, with second-degree murder.

MLB

## Sanchez baffles O's bats in Jays' victory



Aaron Sanchez pays tribute to the late Jose Fernandez upon taking the mound on Tuesday. GETTY IMAGES

Josh Donaldson hit a two-run homer and Aaron Sanchez pitched six solid innings as the Toronto Blue Jays downed the Baltimore Orioles 5-1 on Tuesday in a matchup of American League wild-card holders.

Ezequiel Carrera hit a solo shot and added another RBI for the Jays (87-70), who extended their lead for the first AL wild card to two games over Baltimore.

Sanchez (14-2) allowed one run on five hits with two walks and 10 strikeouts. THE CANADIAN PRESS

## IN BRIEF

### Phelps' advice falls on Lochte's deaf ears

Add Michael Phelps' name to the list of Americans who were less than amused by teammate Ryan Lochte's post-competition, early morning drunken antics at the Rio Olympics.

"I did have a talk with him about two days before about not doing anything bad," said Phelps, who retired after the Summer Games as the most-decorated Olympian of all time. "I told him, 'Just keep your head on straight. Have fun.'" THE ASSOCIATED PRESS



**It's my own personal goal to be able to be greater than great.**

LeBron James is openly admitting that his goal is to catch and surpass Michael Jordan to be considered the greatest of all time.

NHL CENTENNIAL CELEBRATION

## Gretzky takes on role of ambassador

Wayne Gretzky already planned to attend this season's Winter Classic, all-star game and Heritage Classic, so it was a no-brainer for the Great One when NHL commissioner Gary Bettman asked him to take an official role in the league's centennial celebration.

As the "ambassador" for the festivities, Gretzky returns to the NHL in an official capacity for the first time since 2009, when he served as part-owner, coach and head of hockey oper-

ations with the Phoenix Coyotes.

"I've always said this thousands of times: it's the greatest game in the world. Everything I have in my life is because of the National Hockey League and the game of hockey. So when the commissioner called me a couple months ago and asked me if I wanted to be involved I said 'Absolutely,'" Gretzky said Tuesday, sharing a stage with Bettman at Air Canada Centre.

THE CANADIAN PRESS



UFC

## McGregor-Alvarez at top of N.Y.C. card

Featherweight champion Conor McGregor will try to become the first fighter to hold two UFC belts simultaneously on a night mixed martial arts makes a splashy entrance into the last U.S. state — New York — to legalize it.

The wildly popular Irish brawler is fighting in the main event of UFC 205 for Eddie Alvarez's lightweight title.

The Madison Square Garden event on Nov. 12 also includes new welterweight champion Tyron Woodley's first title defence



Conor McGregor GETTY IMAGES

against Stephen (Wonderboy) Thompson, along with strawweight champion Joanna Jedrzejczyk's defence against fellow Pole Karolina Kowalkiewicz.

THE ASSOCIATED PRESS

RYDER CUP

## Europeans ready to face the 'greatest'

Davis Love III said he was only trying to illustrate why his U.S. team should play with more swagger in the Ryder Cup. His comments wound up providing plenty of fodder for the Europeans, and perhaps a little extra motivation.

The catch phrase for this Ryder Cup: "Best golf team maybe ever assembled."

That's what Love said in a radio interview last week. Rory McIlroy seized on it last weekend, joking that the Americans at least had the best Ryder Cup Task Force ever assembled.

"Whenever we are going up against one of the greatest teams ever assembled, that's motivation enough," McIlroy added Tuesday.

Adding to the bulletin-board

material was NBC Sports analyst Johnny Miller saying Europe had the worst team he had seen in years.

The record shows otherwise.

Europe has won eight of the last 10 times in the Ryder Cup dating to 1995, and while there are six players who have never experienced the emotions and pressure of the Ryder Cup, only four Europeans on the team know the feeling of losing.

"At the end of the day, you don't win the Ryder Cups with your mouth," Sergio Garcia said.

THE ASSOCIATED PRESS



Rory McIlroy GETTY IMAGES

# Foxes off to perfect European start

CHAMPIONS LEAGUE

## Leicester City power past Porto thanks to Slimani goal

Islam Slimani kept up his hot streak against Porto by scoring Leicester's first-half goal in a 1-0 victory in the Champions League on Tuesday, maintaining the English champions' 100 per cent start to Group G.

The Algeria striker headed home from close range off a pinpoint cross by international teammate Riyad Mahrez in the 25th minute. It was Slimani's sixth goal in four games against Porto in 2016, with the other five coming for Sporting Lisbon in Portuguese soccer before his off-season move to Leicester.

Leicester opened group play with a 3-0 win at Club Brugge and is in good shape to advance to the knockout stage in its first-ever season in the Champions League.

"I am superstitious," said Ranieri, refusing to look too far ahead. "We have to stay calm."

Porto couldn't translate second-half dominance to goals at King Power stadium, with Jesus Corona smashing a volley against the post in the 83rd minute. The two-time European



Islam Slimani heads in the Foxes' goal against Porto on Tuesday in Leicester, England.

IAN KINGTON/AFP/GETTY IMAGES

champions have one point from two games, and their winless run in games away to English opponents stretched to 17 games.

Slimani picked up the nickname the Dragon Slayer at Sporting because of his penchant for scoring against Porto.

THE ASSOCIATED PRESS

### + RESULTS FROM MATCH DAY 2

- |                                      |                              |
|--------------------------------------|------------------------------|
| ■ Borussia Dortmund 2, Real Madrid 2 | ■ Club Brugge 0              |
| ■ CSKA 0, Tottenham 1                | ■ Leicester 1, FC Porto 0    |
| ■ Din. Zagreb 0, Juventus 4          | ■ AS Monaco, Bayer Lev. 1    |
| ■ FC Copenhagen 4,                   | ■ Sevilla 1, Lyon 0          |
|                                      | ■ Sporting 2, Legia Warsaw 0 |

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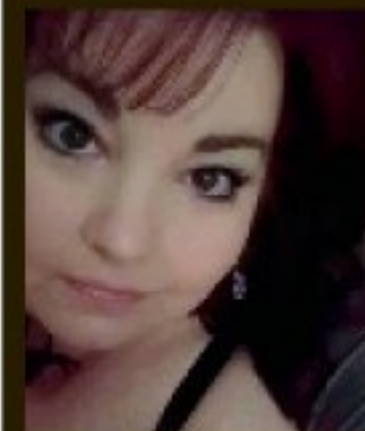
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For those without a Metro, the  
forecast calls for "I dunno" with  
a slight chance of "Huhhh?"

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# RECIPE Pumpkin Pasta with Ricotta and Sage



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh  
For Metro Canada

plus more for garnish

Don't let lattes have all the pumpkin fun, try fall's all-star veg in this creamy, delicious pasta.

## Ready in 30 minutes

Prep time: 10 minutes  
Cook time: 20 minutes  
Serves 4

## Ingredients

- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese,

## Directions

1. Cook the pasta according to package directions. Once the pasta has reached al dente, reserve 1/4 cup of the cooking water and drain the rest.
2. While your pasta is cooking, heat olive oil in a large skillet over medium heat. Add the shallots, garlic and sage and cook until tender, about 5 to 7 minutes. Add the ricotta, pumpkin purée, chicken broth, nutmeg and a pinch of salt; stir until combined.
3. Stir in the pasta and coat with the sauce. Add reserved pasta water to thin the sauce to desired consistency. Mix in the Parmesan cheese.
4. Serve the pasta with a sprinkling of Parmesan cheese and chopped sage.

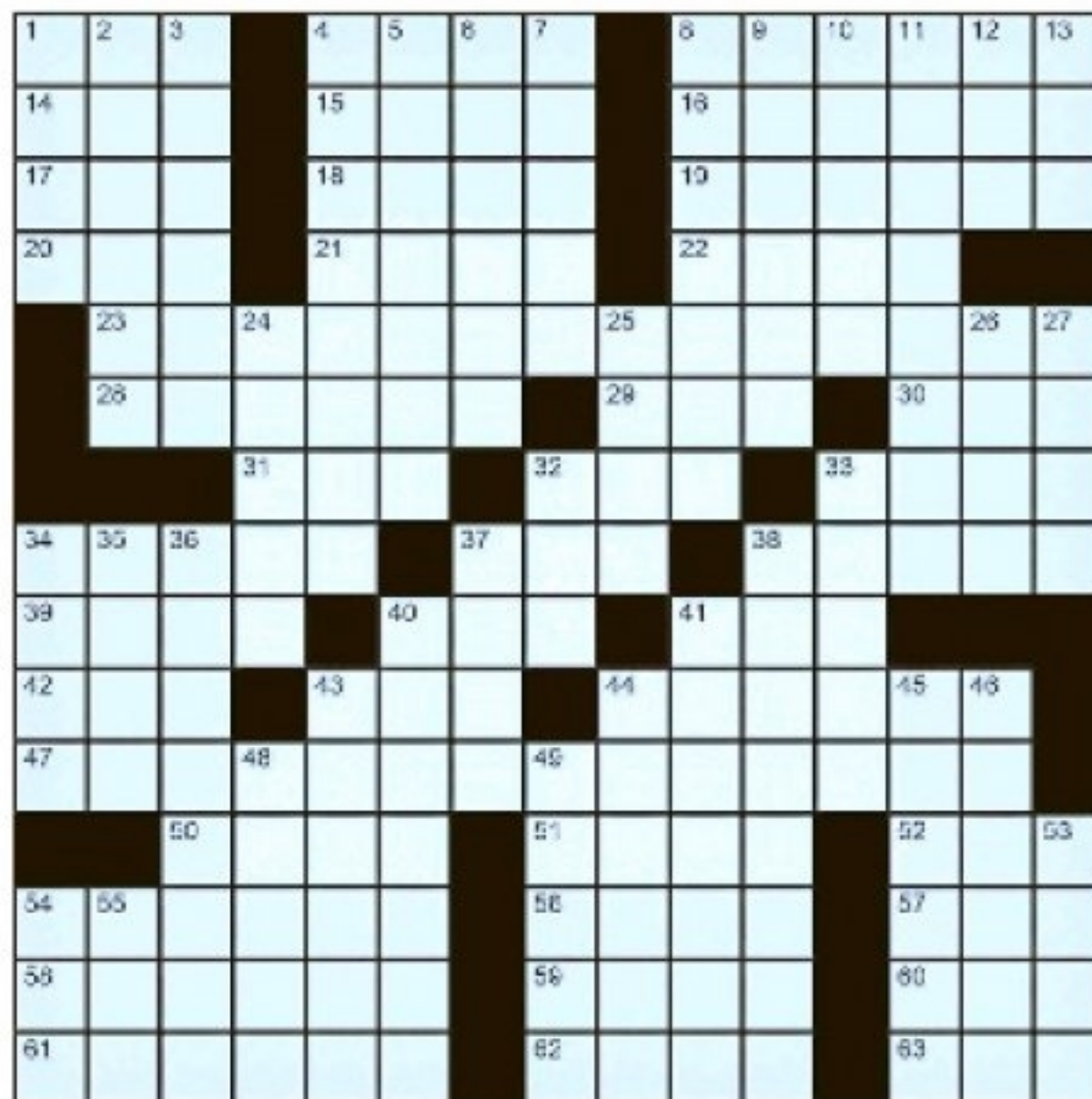
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Universal principle
4. "\_\_\_ Las Vegas" (1964)
8. Green-on-copper
14. MLB official
15. '70s superheroine
- ancient Egyptian goddess TV series
16. Sounded off
17. Spelling contest
18. Missing laundry item
19. Like a deposited river
20. Ms. Jillian
21. Whodunit board game
22. Mr. Meyers
23. Celebrated Cambridge couple currently in Canada: 3 wds.
28. Enemy of ancient Athens
29. "\_\_\_ Mine" by The Beatles
30. Fluffy scarf
31. Actress Charlotte
32. Physicians, puny-ly
33. Vera of fashion design
34. Model of perfection
37. Green gunk
38. Cleaning cloth's characteristic
39. Pinball infraction
40. Boo-\_\_\_
41. Tina of comedy
42. Nightfall
43. Soup sort
44. Inclines
47. As per #23-Across... \_\_\_ of Yukon History (Stop in Whitehorse today...More at #50-Across!)
50. As per #23-Across



and #47-Across... Royal \_\_\_ of Canada  
51. Turns to compost  
52. Floor covering  
54. Officer in "A Few Good Men" (1992)  
56. Merle Haggard's "\_\_\_ from Muskogee"  
57. US medicine

watchdog  
58. X- and Y- in math class  
59. Shelters  
60. Baby bird's birthplace  
61. School break  
62. Work units  
63. Actor, Billy \_\_\_ Williams

## DOWN

1. Orchestra stand-out
2. Makes right
3. Divulge the details: 2 wds.
4. Intuitive
5. Sequester
6. Llama-like woolly animal
7. Called for
8. Arboreal marsupials
9. For each one
10. Farmland
11. A sure thing: 3 wds.
12. Society pages word
13. What a calcula-

tor can do  
24. Gold measurement, variantly  
25. "White Flag" songstress  
26. "Your \_\_\_" by Elton John  
27. Like a herbalist's advice?  
32. Bovine's bellow!  
33. Garth's Canadian-created pal in movies  
34. Newspaper piece  
35. Prima donna  
36. 'E' of GE  
37. Incite  
38. Appraise anew  
40. Paris Hilton, for one  
41. Grooves in architectural columns  
43. Trims  
44. Cigarettes purchaser  
45. Covered in sods, like the yard  
46. Eyeliner error  
48. Idaho's capital  
49. Wear, weather-style  
53. \_\_\_ Park, in Hamilton  
54. Scratch  
55. Tree tool

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Confusion at work might get you in trouble with an authority figure today. To be safe, double-check all of your work before you show it to others.

**Taurus** April 21 - May 21  
Children might be an increased responsibility today. Perhaps because of this, some kind of confusion will create a problem. Make sure you know what's happening.

**Gemini** May 22 - June 21  
Family discussions might be stressful today. You can't please everyone. Don't be dishonest to avoid conflict, because it will only make things worse.

**Cancer** June 22 - July 23  
You might second-guess yourself today because you're not sure about something. Unfortunately, a boss at work won't like this. Tread carefully!

**Leo** July 24 - Aug. 23  
Be careful how you handle financial matters today, because some kind of confusion or deceit is possible. This especially applies to social situations, sports events and dealing with children.

**Virgo** Aug. 24 - Sept. 23  
Life is hard today; it's just one of those things. Fortunately, it's temporary and will be gone in 24 hours. Therefore, don't be discouraged. Stay calm and carry on.

**Libra** Sept. 24 - Oct. 23  
One reason there might be some confusion in your life today is because someone is not telling the truth. If you think something looks suspicious, it is.

**Scorpio** Oct. 24 - Nov. 22  
Relations with a friend or a member of a group are strained today, possibly because of money matters or a possession you own. Make sure you have your facts right.

**Sagittarius** Nov. 23 - Dec. 21  
This is a poor day to ask a boss or parent for a favour or approval. Postpone this kind of thing for another day. Hard work is your best choice today.

**Capricorn** Dec. 22 - Jan. 20  
Do not be cocky in matters related to politics, religion or racial issues today. Something you don't know about could blindside you. If you're not sure about something, stay silent. Assume nothing.

**Aquarius** Jan. 21 - Feb. 19  
Double-check all financial matters and negotiations dealing with shared property, inheritances and jointly held possessions.

**Pisces** Feb. 20 - March 20  
You have to accommodate others today. Nevertheless, make sure everything is above board and on the up and up, because something is fishy.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		7	8	4		3		
	5		3					
4				5		7		6
5	2							
3		8		6		4		1
							7	2
2		6		1				3
					9		1	
		3		2	4	8		7

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

5	3	8	2	6	9	1	7	4
6	2	1	7	5	4	3	9	8
7	4	9	8	3	1	5	2	6
8	9	4	1	7	2	6	3	5
3	1	5	9	4	6	7	8	2
2	6	7	3	8	5	9	4	1
4	5	2	6	9	7	8	1	3
1	7	3	5	2	8	4	6	9
9	8	6	4	1	3	2	5	7





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